

Healthy Homes, Healthy Life

An Honors Thesis (Honors 499)

By

Kelly M. Cannon

Thesis Advisor

Angela Cox

A handwritten signature in black ink, appearing to read "Angela Cox". The signature is fluid and cursive, with the first name "Angela" written in a larger, more prominent script than the last name "Cox".

Ball State University

Muncie, Indiana

May 2011

Expected Date of Graduation

May 2011

Undergrad
Nursing
Final
Project

Abstract

Nursing is a profession that encompasses a vast expanse of areas. An important area of nursing that is often overlooked is community health nursing. One of the greatest ways a nurse can impact the community is through education. In this project, I have created four lessons for the Marion County Health Department. Each lesson consists of a PowerPoint that includes review questions, a fact sheet, and a presenter's guide. These lessons will be presented at monthly community meetings in at-risk communities. Through this project, I hope that the participants gain knowledge that will help them keep their homes safe and healthy for years to come.

Acknowledgements

I would like to thank Angela Cox for advising me throughout this project and my nursing school career.

I would also like to thank Jo Rhodes and the Marion County Health Department for giving me the opportunity to participate in this project.

Finally, I would like to thank my friends and family who have supported me and pushed me to succeed.

Honors Thesis Author's Statement

The honors thesis I have chosen is a project that integrates very well with my major. I plan to research health and home related topics such as bed bugs, fire prevention, and asthma and allergies among others. With the information gained from my research I will create a series of lessons that will consist of a short PowerPoint presentation, fact sheet, activity, and an instructor guide to presenting the program. I will complete four of the lessons as my thesis project. These lessons will then be given to the Marion County Health Department where the housing department will use them as educational materials for monthly town hall type meetings in low income neighborhoods. Hopefully, these mini lessons will help to increase the safety and health of the residents in these low income neighborhoods.

I want to complete this project because it is very relevant to nursing, and very relevant to my career goals to become a home health nurse. This project will help me broaden my research skills and learn to create materials for the general population, not just for college educated professionals. I am already a creative person, so this project allows me to use my talents in a way that will help others learn. My end goal for this project is to create lessons that will not only help the target audience in the low income neighborhoods, but also be a basis for teaching lessons that I may do with my own clients in the future. Hopefully others will also be able to use my lessons to help teach these valuable health and safety lessons in their own communities as well.

Bibliography

- Aerias. (2011). *IAQ problems associated with different types of flooring*. Retrieved from <http://www.aerias.org/DesktopModules/ArticleDetail.aspx?articleId=107>
- American lung association. (2010). *Asthma and children fact sheet*. Retrieved from <http://www.lungusa.org/lung-disease/asthma/resources/facts-and-figures/asthma-children-fact-sheet.html>
- Asthma and allergy foundation of america. (2005) *Pet allergies*. Retrieved from <http://www.aafa.org/display.cfm?id=8&sub=16&cont=63>
- Cernasky, R. (2010). *Low-VOC alternatives for the products that expose you to the greatest risk*. Retrieved from <http://planetgreen.discovery.com/home-garden/low-voc-alternatives-products-that-expose-greatest-risk.html#>
- Clement, C. (2005) *What's on your floor?* Retrieved from http://www.alive.com/3131a6a2.php?subject_bread_cramb=110
- Community environmental health resource center. (2010). *Mold and moisture*. Retrieved from http://www.afhh.org/hps/hps_cehrc_mold&moisture_materials.pdf
- Environmental health and safety online. (2011). *A brief guide to mold, moisture, and your home*. Retrieved from <http://www.ehso.com/indoorairmold.php>
- Environmental health and safety online. (2010). *Dust mites: Everything you might not want to know*. Retrieved from <http://www.ehso.com/ehshome/dustmites.php>
- Home safety council. (2010). *Fire prevention tips*. Retrieved from http://www.homesafetycouncil.org/SafetyGuide/sg_fire_w001.asp
- Fire safety. (2011). *Make a fire escape plan*. Retrieved from www.firesafety.gov
- Mayo clinic. (2010). *Asthma*. Retrieved from <http://www.mayoclinic.com/health/asthma/DS00021>
- Minnesota department of health. (2010). *Moisture and mold in my home*. Retrieved from http://www.energy.wsu.edu/Documents/mold_moisture.pdf
- Minnesota department of health. (2011). *Volatile organic compounds in your home*. Retrieved from <http://www.health.state.mn.us/divs/eh/indoorair/voc/>
- National fire protection association. (2011). *Escape planning*. Retrieved from <http://www.nfpa.org/categoryList.asp?categoryID=393&URL=Safety%20Information/For%20consumers/Escape%20planning>

- National heart lung and blood institute. (2011) *Asthma*. Retrieved from http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html
- New York department of health. (2011). *VOC's in commonly used products*. Retrieved from <http://www.health.state.ny.us/environmental/indoors/voc.htm>
- Propex. (2005). *VOC's in the home*. Retrieved from http://www.propex.com/C_f_env_voc.htm
- Sheehan, M. (2011). Fire prevention in the home. Retrieved from <http://seniors.tcnet.org/articles/article04.html>
- United states department of housing and urban development. (2011) *About integrated pest management*. Retrieved from <http://www.hud.gov/offices/lead/healthyhomes/ipm.cfm>
- United states department of housing and development. (2010). *About mold and moisture*. Retrieved from <http://www.hud.gov/offices/lead/healthyhomes/mold.cfm>
- United states environmental protection agency. (2010). *A brief guide to mold, moisture, and your home*. Retrieved from <http://www.epa.gov/iedmold1/preventionandcontrol.html>
- United states environmental protection agency. (2011). *An introduction to indoor air quality*. Retrieved from <http://www.epa.gov/iaq/voc.html>
- United states fire administration (2010) Fire escape plan. Retrieved from http://www.usfa.dhs.gov/campaigns/usfaparents/downloads/escape_grid.pdf